Mount Saint Mary's University | Los Angeles

mount

magazine

spring/summer 2016

Where healthy can lead

From SWAT training to triathlons: Unstoppable at any age

How far can you fly? The benefits of study abroad

Mount support: Ways to engage

from the president

THERE IS NO SINGLE RECIPE for confidence. At the Mount, there are countless ways that students gain the knowledge and skills needed to realize their full potential. Sometimes confidence is born out of a project well done or a presentation powerfully delivered. Or from the chance to lead a club or organization. Sometimes, all it takes is the belief of a professor, adviser or classmate.

As this issue of Mount Magazine reveals, confidence can also emerge when we are tested.

For Rebeka Garcia '16, her self-assurance developed during a semester abroad in Spain. The trip marked Garcia's first time out of the country, but she overcame her trepidations quickly. By the time she returned home, Garcia had visited eight countries and gained a better understanding of the world — and herself. "Travel opens doors you never expected," she tells us. "I have learned to say yes, to be fearless."

Grace Lim '16 says she came to the Mount as a timid, withdrawn teenager. She also, incidentally, didn't know how to swim. So Lim took a swimming class. She not only learned how to swim, Lim says, she also learned that the seemingly impossible is conquerable. Today, Lim goes on diving missions in the Pacific Ocean as an intern with the L.A. Sheriff's Department's Special Enforcement Bureau.

Confidence born out of wellness can last a lifetime. Just ask Dolores Schock '58. An accomplished biomedical researcher and academic, she says running, swimming and biking helped her stay sharp her entire career — and beyond. At age 79, Schock claimed a triathlon medal at the 2015 National Senior Games.

It's because of stories like these that Mount Saint Mary's is so committed to graduating healthy, strong and resilient leaders. Research reveals a clear link between quality nutrition, physical activity and academic performance. That's why we are focusing on raising support for a new Wellness Pavilion at Chalon and, as of this fall, launching a community-wide wellness movement across our campuses.

Our students need to be smart, confident *and* strong to take on leadership opportunities. So, it's time to get moving! We have an exciting road ahead of us, and we need your support to make our wellness movement a success. I know we will.

Sincerely,

Ann McElaney-Johnson

Ann McElaney-Johnson

ABOUT US

Mount Saint Mary's is the only women's university in Los Angeles and one of the most diverse in the nation. The University is known nationally for its research on gender equity, its innovative health and science programs, and its commitment to community service. As a leading liberal arts institution, Mount Saint Mary's provides year-round, flexible and online programs at the undergraduate and graduate level. Weekend, evening and graduate programs are offered to both women and men. Mount alums are engaged, active, global citizens who use their knowledge and skills to better themselves, their communities and the world. msmu.edu

Mount Saint Mary's University, Los Angeles, is a diverse community committed to providing an environment that is free from discrimination on the basis of any characteristic protected by federal, state or local law, ordinance or regulation.

PrismPublishing™ of
Mount Saint Mary's University

Mount Saint Mary's University | Los Angeles
mount
magazine

Spring/Summer 2016
Vol. 32, No. 1

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POSTMASTER:
Send address changes to
Mount Magazine
10 Chester Place
Los Angeles, CA 90007.

To contact the editor or submit a story idea, email magazine@msmu.edu; or call 213.477.2504.

Class Notes news should be mailed to Alumnae Relations at 10 Chester Place, Los Angeles, CA 90007 or emailed to alums@msmu.edu. Photo submissions should be 300 dpi.

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GRACE LIM '16 AT THE BEACH, LEO CARRILLO STATE PARK, IN MALIBU, CALIF. PHOTO BY CARRIE ROSEMA.

updates

UNSTOPPABLE TOGETHER

ON FEBRUARY 25, Mount Saint Mary's University hosted the President's Scholarship Appreciation Luncheon, enabling nearly 100 students to thank donors who create and support scholarships that allow students to flourish.

Among this year's honorees: The Sisters of St. Joseph of Carondelet received the Unstoppable Supporter award for 90 years of visionary leadership. And alumna Michele Rhilinger '75 was recognized for making the largest planned gift in the Mount's history dedicated to scholarship support.

"This support means so much to us," said President Ann McElaney-Johnson. "At Mount Saint Mary's, we are always at our best when we work together and today celebrates that collaboration. This is a powerful community that is passionate about giving our students a transformational educational experience."

Two students were also recognized at the luncheon. Sydnei Jones '16 received the Sisters of St. Joseph of Carondelet, Los Angeles Province Endowed Scholarship. Dahlia Maldonado '16, recipient of the Michael and Carol Enright Endowed Scholarship, earned the Unstoppable Scholar Award.

"The Mount isn't a place where students simply survive," Maldonado said. "It is a place where they thrive. Throughout my time here, I have been challenged to question the unknown, fight issues of social justice, develop as a leader and dream without limits — because I know this Mount community is standing behind me." ▼

PHOTO BY GLENN MARZANO

PHOTO BY PHILLIP JORDAN

HOOPS HABIT

▲ THE SPORTS SCENE at Mount Saint Mary's has a new bounce in its step. In the past year, the University started club teams for soccer and volleyball; now, basketball has been added to the ranks of sports opportunities at the Mount.

Brittany White will coach the University's new women's club basketball team. When she takes to the hardcourt this fall, she'll do so with something few coaches have: a juris doctorate in sports law, with an emphasis in NCAA and Title IX compliance. White also holds a bachelor's degree in legal communications from Howard University, where she played women's club basketball.

"I know from personal experience that the opportunity to play collegiate sports can be a vital part of a student's educational career," White says. "Equally important, opening the Mount to more sports can help the University compete against other colleges for students who are seeking that scholar-athlete experience."

With three sports teams in place, the Mount is building a women's athletics program that will complement the University's widely recognized academic programs. The initiative is part of the Mount's strategic plan to expand course offerings and programs in physical education that support lifetime health and wellness. The plan also includes a new Wellness Pavilion; construction is slated to begin by the fall of 2017.

MISSION FORWARD: THE CSJ INSTITUTE

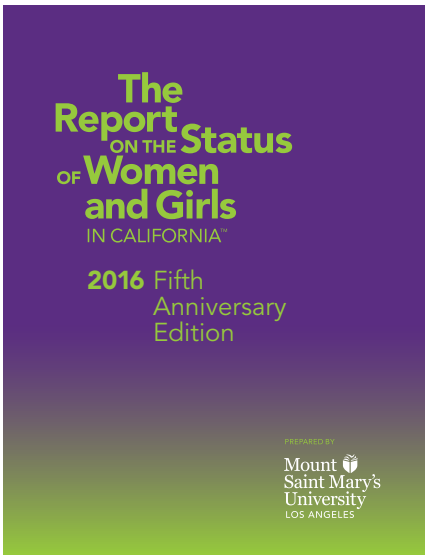
MOUNT SAINT MARY'S FOUNDERS, the Sisters of St. Joseph of Carondelet (CSJs), set the standard for unstoppable women. Now, the Mount is preserving — and advancing — its founders' visionary work through the CSJ Institute at Mount Saint Mary's.

Launched as part of the University's 90th anniversary, the Institute's aim is reflected in its mission statement: "Rooted in the rich history and charism of the Sisters of St. Joseph of Carondelet, the Institute provides the forward momentum to advance the CSJ commitment to serve all persons without distinction, to respond to the needs of the times and to prepare fearless visionaries for a just future."

The Institute kicked off with the January appointment of Shannon Green as its first director. Green brings 15 years of experience, including stints directing university spiritual and pastoral outreach and volunteer programs. "We have all benefited from the work of the CSJs," Green says. "Our mission with the Institute is to educate, train and inspire a new generation to carry forward the CSJs' vital tradition of community service."

This summer, Green and President Ann McElaney-Johnson will lead a pilgrimage to Le Puy, France, where the CSJ order was founded in 1650. ▼

PHOTO BY PHILLIP JORDAN


The Report ON THE Status OF Women and Girls IN CALIFORNIA™
2016 Fifth Anniversary Edition
PREPARED BY
Mount Saint Mary's University
LOS ANGELES

RESEARCH EXPERTISE

▲ AS THE UNIVERSITY'S CENTER FOR THE ADVANCEMENT OF WOMEN takes shape, the Mount's research on women's issues locally and statewide gains steam, too. On March 30, Mount Saint Mary's released its fifth annual Report on the Status of Women and Girls in California™ before a crowd of nearly 1,000 at the Skirball Cultural Center. Hundreds of students and faculty watched live feeds of the event on both campuses.

This year's research again calls attention to the triumphs and the challenges faced by the women and girls of California. The statewide findings are available online at msmu.edu/statusofwomen.

As the Mount's research reputation grows, more communities are requesting the University's expertise. Already this year, Mount Saint Mary's has been commissioned to conduct local-level gendered studies for Los Angeles County and the city of Glendale.

Read the University's Report on the Status of Women in Los Angeles County at laccw.lacounty.gov. The Glendale Report on the Status of Women and Girls can be accessed at glendaleca.gov/women.

SUPPORTING A CAUSE

MOUNT SAINT MARY'S STUDENTS know how it feels to be a part of something larger than themselves. Each year, a student-led Charity Ball raises awareness and funds for a local nonprofit chosen by the Student Government Association.

This year's partner organization was the MaxLove Project, a grassroots team of volunteers and activists dedicated to helping childhood cancer families beat the odds. Through ticket sales and a silent auction, Mount Saint Mary's students raised more than $1,700. At the ball, attendees heard from the co-founder of MaxLove Project, Audra Wilford, who once worked in the Mount's Women's Leadership Program.

OPENING NEW WINDOWS

▲ MSMU ONLINE'S MOMENTUM rolls on. The program now serves undergraduate and graduate students in 26 states, with new degrees emerging each semester.

This past fall, MSMU Online created a bachelor's degree in criminology and an associate's degree in computer science. This spring, a BS in business administration, a BA in gerontology and a certificate in entrepreneurship came online. More options are on the horizon, along with dual-credit opportunities for K-12 and international students.

Lisa Dawley, PhD, is MSMU Online's new executive director. She has more than two decades of experience in online education program and technology development, research, practice and policy. Most recently, Dawley served as CEO and founder of GoGo Labs, a "gamified" educational technology company. Previously, she established Boise State University's online EdD program — the first in the state — and designed and taught 13 online graduate courses.

Now, Dawley relishes the opportunity to bring what's distinctive about the Mount to MSMU Online: "Our mission is to bring the Mount experience to non-traditional adult students around the world," Dawley says. "That includes not just academics, but the University's commitment to supporting women's leadership and serving our communities."

ATHENIANS IN D.C.

FROM LAW TO SCIENCE, Mount Saint Mary's students are making their presence felt in the nation's capital.

This past fall, Sydnei Jones '16 and Kimberly Vargas '17 — both double-majors in political science and philosophy — earned scholarships to attend a Women, Law and Legal Advocacy seminar in Washington, D.C. This spring, eight University scholars took part in another seminar on Women in STEM Policy: Blean Girma '16; Katherine Guzman '18; Kelly Hernandez '17; Elisa Oronico '16; Cecilia Pimentel '16; Aimee Reyes '16; Mary Safaeipour '17; and Audrey Soriano '17.

The opportunities came thanks to the Mount's partnership with the Public Leadership Education Network, which enables Athenians to learn alongside students from across the country. Last fall in D.C., for example, Jones and Vargas explored connections between legal careers and the legislative process, and examined professional opportunities from issue advocacy to government service.

The pair also toured the Supreme Court and met Justice Sonia Sotomayor, the first Latina Supreme Court justice in U.S. history. "The experience taught me that women like myself are achieving the extraordinary every day," Jones says.

FIGHTING FOR THOSE WHO FOLLOW

ON FEBRUARY 23, a trio of Mount Saint Mary's students traveled to the state capital to campaign for the preservation of state-funded "Cal Grants" for college students. Seniors Jordan Abrams '16, Dahlia Maldonado '16 and Sydnei Jones '16 joined the advocacy effort organized by the Association of Independent California Colleges and Universities (AICCU), of which the Mount is a member.

The Athenians rallied in front of the state capitol building, conducted interviews with media, and met with legislators to explain the importance of Cal Grants in helping many students attain their college degrees.

The awards, which especially aid first-generation and low-income students, help educate more than 28,000 California students each year — including many students at the University. The state legislature has sought to decrease the amount of Cal Grants awarded to students at AICCU member schools. ▼

PHOTO BY DEBBIE REAM

SHAKING THINGS UP AT COMMENCEMENT

◄ CALIFORNIA'S MOST RECOGNIZABLE VOICE on earthquake science and earthquake safety will be heard at Mount Saint Mary's 2016 Commencement. Lucy Jones, a noted seismologist who recently retired from a 33-year career with the U.S. Geological Survey, will speak to the Class of 2016 at Shrine Auditorium on May 9.

Jones will next use her knowledge to help officials develop science-based policies related to climate change, tsunamis and other natural disasters. She's already led a partnership between the USGS and the city of Los Angeles to create solutions to the city's most significant seismic vulnerabilities. Jones has a PhD in geophysics from the Massachusetts Institute of Technology and a bachelor of arts degree in Chinese language and literature from Brown University.

MAKING HISTORY

KARLA BALLESTEROS '16 IS A FUTURE HISTORY MAKER, and she's got the award to prove it.

On March 11, the Mount Saint Mary's senior was honored with a Future History Maker award at the Latina History Day Conference, presented by Hispanas Organized for Political Equality (HOPE). The award is given annually to Latinas who represent a new generation of leaders, and are making an impact in their communities and their fields of study.

"This is a tremendous honor," says Ballesteros, a political science major and pre-law minor. "This will inspire me even more to keep making a difference in my career and my community." ▼

PHOTO BY WATCHARA PHOMICINDA

PIONEERING JOURNALIST MOTIVATES STUDENTS

▲ A LARGE CHALON CAMPUS CROWD listened to journalist and political commentator Cokie Roberts speak at the Mount on January 27. An Emmy® Award-winner who was named a "Living Legend" by the Library of Congress, Roberts shared insights from her career with NPR, ABC and as an author. She also talked about what it means to be an unstoppable woman.

"What I love about that word — unstoppable — that describes this marvelous place, is that it conjures up exactly what we need from young women coming out of higher learning into our society," Roberts said. She added that the word defines the University's founding Sisters of Saint Joseph of Carondelet, as well as its students. "The word is synonymous with strength, purpose and diligence; the notion that ordinary people are capable of doing extraordinary things."

PATHWAY TO PUBLIC HEALTH

CAROL ROSE DELILLY IS THE NEW DIRECTOR of the Mount Saint Mary's ADN/RN-to-BSN program. She arrives with a PhD in nursing science from UCLA and 28 years of experience as a nursing professional. DeLilly, a longtime nurse educator and community health researcher, has an abiding belief in the importance of continuing education.

"I hope to encourage our ADN graduates to complete their BSN," she says. "That degree provides graduates with an opportunity to become public health nurses. Public health in essence is community health, and this is where our Mount nursing graduates can make a tremendous impact in the communities they serve."

PHOTO BY JAZLIN ROMERO

STUDENT WINS BIOMEDICAL RESEARCH AWARD

MOUNT SAINT MARY'S HAS ANOTHER STEM student success story to celebrate. Diana Esparza '16, biochemistry, recently won an award for her undergraduate biomedical research, earning her a trip last fall to the Annual Biomedical Research Conference for Minority Students in Portland.

Esparza says she was exposed to courses in cancer research and molecular biology her first year at the Mount, and had the chance to participate in a summer internship recommended by Eric Stemp, PhD, chair of physical sciences and mathematics. The internship focused on nanotechnology and material science.

"After that, I decided to opt for a biochemistry major and a mathematics minor that would fulfill the requirements of an engineering major," says Esparza, a peer mentor in the University's STEM program. "This will give me the option to pursue a PhD in bioengineering." ▼

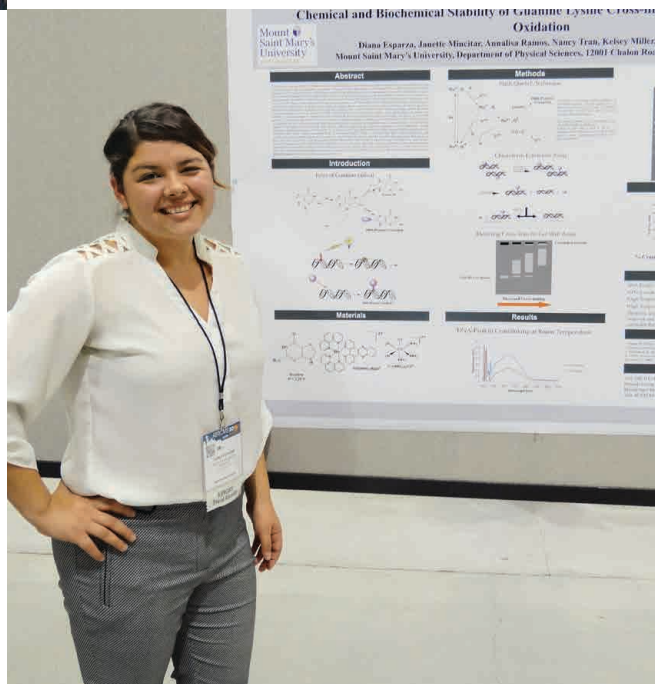
SOCIAL JUSTICE ACTION

▲ THE MOUNT'S COMMITMENT TO SOCIAL JUSTICE led to several recent on-campus efforts to raise public consciousness on issues ranging from prison reform to environmental justice.

Last fall, the University's Film, Media and Communications department sponsored the Justice on Trial Film Festival, hosted at the Mount's Doheny Campus. The festival, founded by A New Way of Life Re-Entry Project, was a showcase of groundbreaking content related to criminal justice reform.

In February, cultivating the country's next generation of environmental leaders was the focus of Mount Saint Mary's conference, "Critical Teaching in Action: Environmental Education and Social Justice." Students, educators and community activists participated in workshops that focused on issues such as clean water, food, energy and waste. The Mount's Center for Cultural Fluency and Education Department sponsored the conference.

And this March, students, faculty and CSJs joined together for a "Take Back the Night" community walk from the University's Doheny Campus. Participants started at Mercy Chapel and marched through surrounding neighborhoods to give voice to victims of violence.



WEEKEND/EVENING GROWTH

AS HAS BEEN THE CASE SINCE ITS CREATION nearly a quarter-century ago, the University's Weekend/Evening College still offers flexible, dynamic educational opportunities for working adults. The only difference: There are now more flex options than ever.

More classes are offered in the evenings, including an evenings-only BA in Liberal Arts. Online courses are also available in 8-week and 16-week formats.

"Accessibility and affordability are two of the most important things for adults completing their undergraduate degree," says Suzanne Williams, dean of the Weekend/Evening College. "That is why we are constantly examining what we can do to improve the WEC student experience."

PHOTO BY GLENN MARZANO

HYBRID MBA PROGRAM ROLLS OUT

THERE'S MORE THAN ONE WAY to earn an MBA in Mount Saint Mary's Graduate Division. The University will offer its first hybrid MBA class this fall, with a full Hybrid MBA program launching in spring 2017. The new program will combine the capabilities of the Mount's online learning portal with the cutting-edge teaching of distinguished faculty.

Cohorts will initially meet on campus for Foundations courses, while all other required courses will be offered in a hybrid format for greater flexibility. Final concentration courses will meet back on campus. All students in the Hybrid MBA will participate in the program's hallmark China immersion study trip, culminating projects, community activities and other programs that support student life.

ARCHITECTS OF CHANGE

▲ ON NOVEMBER 19, two titans of journalism and media, Maria Shriver and Shonda Rhimes, opened a powerful conversation at Mount Saint Mary's.

The talk, part of Shriver's series, "Architects of Change: In Pursuit of the Common Good," took place before a sold-out room at the University's Chalon Campus. An award-winning journalist, Shriver created the series to inspire a wave of "conscious idealists," people who see things as they are, but think about what they can be. "I want us to talk about what unites us to be compassionate, conscious citizens," she said.

Rhimes has been praised for the well-rounded female characters she's created for TV shows such as "Grey's Anatomy," "Scandal" and "How To Get Away With Murder." "I don't think I've done anything other than write women who are real," Rhimes told the audience. "I'm always amazed when people say that's trailblazing because I think the alternative is two-dimensional, weak, uninteresting women. And I don't know why you'd want to write those kinds of characters anyways."

MANSION BECOMES AN 'ABBEY'

ON DECEMBER 13, Mount Saint Mary's Doheny Mansion transformed into the fictional Downton Abbey. The University hosted local PBS affiliate KLCS and hundreds of guests for a reception, as well as a surprise appearance by actor Lesley Nicol, better-known as Mrs. Patmore in the much-beloved TV series "Downton Abbey."

The event included a sneak-peek screening of Episode 1 of the recently concluded final season of "Downton Abbey."

accolades

▲ **TURNING RESEARCH INTO ACTION:** This spring, Mount Saint Mary's students are participating in a first-of-its-kind applied research class in the Los Angeles Mayor's Office, led by **Jackie Filla,** PhD, associate professor of political science. Last year, the University published a Report on the Status of Women and Girls in Los Angeles; the research led Mayor Eric Garcetti to issue an executive directive on gender equality. Dr. Filla's students are working with City departments to determine how best to implement that directive. In April, the students will present their policy recommendations to the City of Los Angeles Commission on the Status of Women. (Pictured above: Phylizia Carrillo '17, Dr. Filla, Mayor Eric Garcetti, Melanie Sava '17 and Liana Mendoza '16.)

FACULTY

Katherine Brueck, PhD, chair of the English Department, released her first book of poetry, "Voiceless Love." The Mount hosted a reading and celebration of her work on March 15.

Nathan Deuel, MFA, instructor in the University's MFA in Creative Writing, has had several pieces recently published by the Los Angeles Times, including op-eds and book reviews. His most recent review, published in February, was "In the age of Google Maps, why walk the 4,000-mile Nile River?"

Alan Lee, DPT, associate professor of physical therapy in the Doctor of Physical Therapy program, published a paper, "Telehealth Implementation in a Skilled Nursing Facility," a case report for Physical Therapist Practice in Washington. He also presented the Distinguished Guest Lecture in Healthcare Innovation, on Jan. 27, to the College of Allied Health Sciences at Augusta (Ga.) University.

Frankie Lennon, MA, instructor of English, had her second book published, a memoir titled: "Battles: More Stories from Mee Street." On Feb. 18, the Mount community celebrated the book's release with a book signing and launch party, sponsored by the English Department, Student Affairs, the Doheny Library and Sankofa.

Christian Teeter, EdD, MBA, director of the University's Master's of Business Administration program, participated in an Education Roundtable discussion with the Los Angeles Business Journal, emphasizing the importance of global perspectives in an MBA program.

Valerie Teglia, DPT, director of clinical education, DPT program, received a research grant from the American Physical Therapy Association's Education Section. She is a co-investigator of "Trends, issues and challenges facing the director of clinical education: Preparing direction in physical therapist clinical education."

Ana Thorne, PhD, professor of creative writing in the MFA in Creative Writing program, presented "Place and Race: An Educational Journey" at the fall 2015 conference of the Association of Graduate Liberal Studies Programs, in San Jose, Calif. She also participated in a panel on "Place, Identity and Education."

STAFF

Christine Catipon, PsyD, staff psychologist in counseling and psychological services, led a Feb. 20 workshop, "Illustrating Yourself by Exploring Your Identity," at the Southern California Pilipino American Student Alliance Summit. On Jan. 30, Catipon facilitated a panel at the Filipino American Psychology: Past, Present & Future conference at The Wright Institute in Berkeley, Calif.

Claudia Flores, simulation operations manager at Chalon, earned her MS in Healthcare Simulations from the University of San Francisco.

Christine Hernandez, associate director of Women's Leadership and Student Involvement, was awarded the Ethel and Allen "Buddy" Carruth Sustained Leadership in Education Award from the University of Pennsylvania's Graduate School of Education.

Chris Kahle, simulation director at Chalon, was selected to serve as the board affiliate for the board of directors of the American Friends of the London School of Hygiene and Tropical Medicine. The American Friends supports the work of the London School, a premier global research institution that focuses on public health and disease.

Kendra Nickerson, PhD, associate/training director in counseling and psychological services, was elected to a three-year term on the board of the California Psychology Internship Council. She's also treasurer on the Council's executive committee through 2016.

Get Involved at the Mount

MANY HANDS MAKE LIGHT WORK. We invite you to join us. Mount Saint Mary's University supporters are recognized in the annual President's Report, receive Mount Magazine and attend special events throughout the year. Most importantly, Mount supporters are able to make a difference in the lives of current students. How? Let us count the ways…

VOLUNTEER
Do you have a little extra time and a lot of affection for the Mount? Become a docent at the Doheny Mansion, volunteer in the Nursing Simulation Labs or welcome incoming freshman at orientation. We can always use an extra hand!

THE MOUNT FUND
Annual contributions from alums, parents and friends support the University's greatest needs. The Mount Fund provides critical support for student scholarships. Every gift counts because every student counts!

WELLNESS MOVEMENT
A wellness movement is under way at the Mount to help our students be strong and healthy leaders. One way we hope to accomplish that is by building a Wellness Pavilion at Chalon that will house new health, fitness and sports programs. Help our graduates be a mighty force in the world: msmu.edu/wellness.

REGENTS COUNCIL
The Regents Council is a key volunteer leadership group that is dedicated to enhancing the University's visibility to the community at large. Regents are nominated to the Council and members pledge an annual commitment of $2,500 or greater to the Mount. Regents also meet twice a year to discuss how they can promote the latest campus news and program developments.

MOUNT ASSOCIATES
Mount Associates provide critical funding for tuition assistance and academic programs with annual contributions of $1,000 or greater. Mount Associates enjoy special fellowship at unique events designed to foster cultural and social enrichment. (Don't miss our upcoming April 24 event, previewed on this page!)

HERITAGE SOCIETY
The Heritage Society, established in 1992, is comprised of alums, friends and faculty who have made plans to provide future support for the University. Notify us now of a planned gift and enjoy the benefits of joining the Heritage Society.

JOIN IN
For more information — or to explore other ways to engage at the Mount — please contact Megan Shockro, senior director of development, at mshockro@msmu.edu or 213.477.2875. Or visit msmu.edu/support.

VROOM, VROOM: MOUNT ASSOCIATES SPECIAL EVENT

Mount Associates are invited to join us April 24 for a behind-the-scenes tour of the newly renovated Petersen Museum. Explore some of the most unique vehicles ever assembled in the museum's 'Treasures of the Vault' and enjoy a private lunch on the Petersen's terrace. Not yet a member? It's not too late to join!

PHOTO BY GLENN MARZANO

Alumna and scholarship donor Raquel Casillas '57 visits with current Athenian Ivette Aleman '16 at the 2016 Scholarship Luncheon.

Ready to *Fly*

Rebeka Garcia '16 traveled to Spain through the Mount's Study Away program last year, but her journey went much further.

Photos by Carrie Rosema and Rebeka Garcia '16.

Ask Rebeka Garcia '16 when she studied in Spain last year and she can tell you. Exactly. "I flew out at 4 a.m. on August 28 and got back at 8 p.m. on December 19," she says without hesitation. To call her first global experience 'life-altering' is not an understatement.

Garcia spent her fall 2015 semester studying at the Universidad de Granada, in Granada, Spain, as part of an AIFS Study Abroad experience organized through Mount Saint Mary's Study Away program. Beyond her souvenirs, Garcia says she brought back something much more valuable — a belief that she is capable of doing anything.

Today, she is not only a savvy world adventurer who fit in trips to eight countries during her time abroad; she is a more confident, more ambitious version of her pre-travel self. After she graduates from the Mount with a double-major in business administration and film & media, she plans to capitalize on her expanded worldview in pursuit of a master's in business administration.

So, what did Garcia learn about the world — and herself — during her time overseas? She's glad you asked.

Top to bottom: Rebeka Garcia with a riding companion in Dilar, Spain; among friends at the Palace of Versailles, France; "rush hour traffic" in Madrid, Spain; riding a camel in Morocco.

'I have learned to say yes, to be fearless'

I've always had a wanderlust. Maybe, subconsciously, that's why I've worked at a store at LAX while I've been at the Mount! Customers are always paying with different currencies. Someone would come in with Swiss francs, and I'd study the coins and ask about their country. Watching everyone walking with their luggage, I'd wonder, "Where are they going today?" I wanted to see those places. I wanted to know what their lives were like.

On campus, I went to Study Away fairs and heard about the experiences of other students. Lisa Villa and Michele Lewis [counselor and director, respectively, in the Mount's Institute for Student Academic Enrichment] encouraged me to apply for a semester abroad.

I'd never really traveled outside California, except to visit family in Texas. I come from a family of seven, and I'm the oldest child. My parents are pretty cautious, so I had to sell them on the opportunity. But this was my chance. I used to be scared to say "yes" to trying a lot of new things. I didn't want to be scared anymore.

One day at work, watching people hurry to their gates, I turned to my boss and said, "I'm going to jump on one of those planes and go to Spain." He laughed. I said, "Don't worry. I'll be back next semester."

'The world is a large, fascinating place'

I took four classes in Granada, all taught by Spanish professors: the history of flamenco, the history of Spanish film, Islamic religion and literature created by Spanish women. I was amazed at the different perspective just by having teachers with a different background. Our professors encouraged us to immerse ourselves in the culture when we weren't in class. I obeyed!

I learned the Castilian Spanish language. I hiked in Spain's Sierra Nevada Mountains. And I spent a lot of nights in train stations and at airports with a group of girls from my program. There were about six of us — some from Mount Saint Mary's, but also others from Colorado, Texas and Minnesota. We didn't have class on Fridays and we took advantage of every chance we had to see other places.

I saw snow for the first time in my life in Switzerland. I visited the Berlin Wall. And I fell in love with Madrid, which reminded me a little bit of home. If I got lost, I figured out how to read a map. I stopped being afraid of talking to people. Going to new countries, where the culture and customs are different, allowed me to learn more about other people — and about myself, too.

'A better understanding of the world'

We were in Morocco when the [Nov. 13, 2015] attacks happened in Paris. We ended up watching newscasts with locals translating for us. Our program made sure we felt safe and we had security dispatched to us as a precaution. But, really, we decided we weren't going to let that scare us anyway.

At one of the cafés we visited in a small town in Morocco, the owner came out and spoke to us in English. He had studied at a culinary school in the United States. It was such a fascinating opening to share our thoughts with each other. He told us, "I went to your country to study and take home what I learned to make my own community better."

Travel broadens your horizons and your options. I feel more empowered than ever to pursue an MBA at some point after I graduate — and maybe a job that involves international travel. Of course, I'm interested in film and in healthcare policy, too. My mother jokes that I have too many dreams in my head. But that's what happens when you open yourself up to new experiences!

'Travel opens doors you never expected'

I believe the most important benefit to studying abroad is stepping out of your comfort zone. By becoming independent, traveling, learning a new culture and meeting new friends, you test your limits. I am more confident. I'm more open-minded. I'm able to step out and see what the world offers — and what I can offer the world.

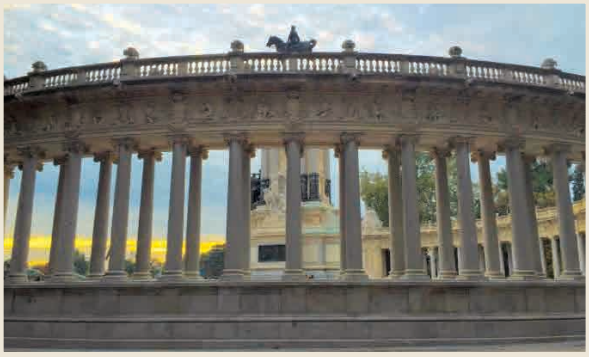
I encourage everyone I talk with now: "Go. Don't be afraid." Don't let financial reasons hold you back. Believe me, I know it can be done. There are grants and loans available. You can fundraise on your own. Don't let anyone tell you that you can't do it.

My family was very worried about me studying abroad. My dad didn't want me to do it. When I was in Spain, he couldn't even allow himself to speak to me the first month I was gone. I think he was just so nervous. When I landed at LAX, I went up to my dad first. My dad doesn't say much, doesn't show much emotion. But he hugged me and I just started bawling. And our relationship today is so much tighter.

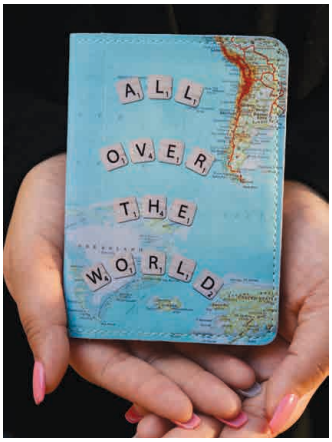
He told me: "You opened the doors not just for yourself but for your younger sisters. You showed me what's possible and why it's worthwhile." I plan to travel again as soon as I can, of course. I asked my dad if he'd be OK with that. He laughed. "I can't tell you 'no' now," he said. "You've seen the world. I can't close those doors now."

Study Abroad programs are just one way Mount Saint Mary's students go out into the world. Learn more at msmu.edu/academics/study-away.

Want to help more Athenians gain a global perspective? Visit msmu.edu/donate.



At top, Buen Retiro Park in Madrid, Spain. Below, Garcia (at far right) takes in a coastal view of Morocco with a group of friends from her Study Away program.



The value of study abroad

REBEKA GARCIA'S STORY, thankfully, is not unique. The benefits of study abroad are more than anecdotal.

Research that began in 2000 ("Documenting the Academic Impact of Study Abroad," by Richard C. Sutton and Donald L. Rubin) tracked more than 283,000 students across a wide range of 425 study abroad programs. Ten years later, the researchers discovered that students who studied abroad had:

- Improved academic performance upon returning to their home campus.
- Higher graduation rates than students who did not study abroad.
- Improved knowledge of cultural practices and context.

Similar research compiled by IES Abroad, which helps send more than 6,000 American college students overseas each year, indicates that these global experiences continue helping students after they graduate. In tracking alums from their program, IES Abroad found that:

- **90%** of study abroad alumni who applied to a graduate program got into their first or second choice of school.
- **97%** of study abroad students found employment within a year of graduation.
- **25%** higher starting salaries: That's how much more study abroad students earn than college grads who didn't study abroad.

Stories like Garcia's, and statistics like these, are why Mount Saint Mary's has a bold goal: By 2025, at least 50 percent of the University's undergraduate students will graduate with their own life-changing global experiences.

"Study abroad offers opportunities for Mount students to broaden their horizons, spread their wings, and embark on a course that helps them realize potential they may barely have guessed that they possess," says Eric Apfelstadt, PhD, director of Mount Saint Mary's Center for Global Initiatives.

WELLNESS LIFE

A wellness movement is taking shape at Mount Saint Mary's University. At the center of this movement is the planned construction of a Wellness Pavilion at Chalon — the first new building on the campus in more than 30 years. The hope: That this pavilion will become a hub for wellness initiatives, recreational sports, advanced training labs and academic programs.

Why the emphasis on health and wellness? Because to be an effective leader, strength is a necessity. And as Grace Lim '16 and Dolores Schock '58 prove, strength can make conquering the impossible … possible.

GRACE LIM '16

PHOTO BY KRISTINE ARELOVE

FOR A TIME

Stories by
Phillip Jordan

DOLORES SCHOCK '58

PHOTO BY KATE MELTON

WITH A SPLA

How a swim class helped Grace Lim '16 move from the sidelines to the front lines.

Photos by Carrie Rosema and Grace Lim '16

GRACE LIM does not back down.

In her Brazilian jiu-jitsu sparring sessions, the Mount Saint Mary's senior has a stubborn tendency of refusing to tap out of arm bars and leg locks. She's had the injuries to prove it, too, from a hyperextended shoulder to a torn quadriceps muscle.

When Lim arrived at the Mount in 2012, her swimming abilities topped out somewhere between doggie paddling and not drowning. So she signed up for a swim class. One day, her instructor placed a 10-pound-weight at the bottom of the Chalon pool. When it was Lim's turn to dive in and bring the weight to the surface, she couldn't. It's something she can laugh about now — especially when she's diving underneath a container ship in the Port of Los Angeles, searching for illegal cargo as part of her internship with the Los Angeles County Sherriff's Department (LASD).

Oh, and that internship? Lim, a double-major in criminology and political science, cold-called the LASD's Special Enforcement Bureau (SEB) — home to teams such as SWAT and marine, mountain and air rescue — to inquire about an internship. She was told: "Internships don't exist here. This is way too dangerous. Have you seen what we do?"

She has now. Since January 2015, Lim has served as the SEB's first, and only, intern.

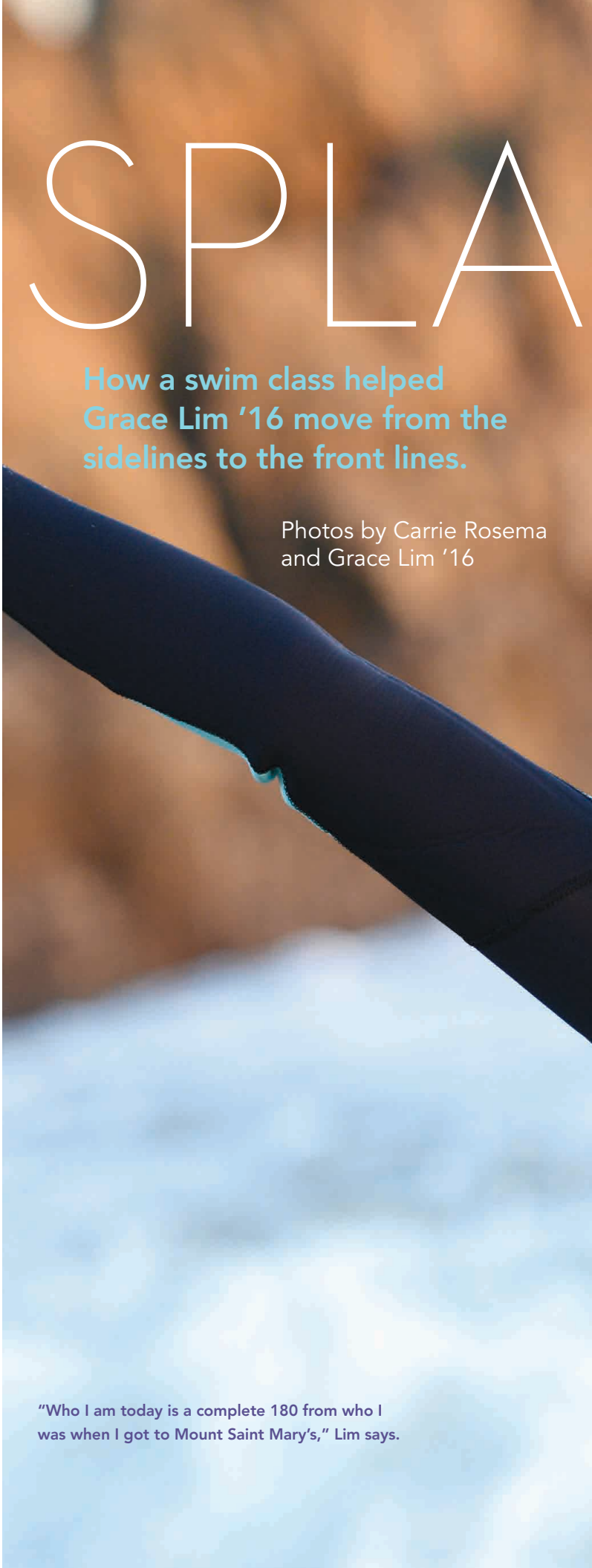
No, Lim does not easily accept 'no' for an answer. But it wasn't always that way. Where did her boldness come from? According to Lim, it first surfaced in the Chalon swimming pool.

IN HER WAKE

Lim chose the Mount because of its reputation as a place that empowered women to lead. The idea of being a leader tantalized her. It overwhelmed her, too. "Who I am today is a complete 180 from who I was when I first got to Mount Saint Mary's," Lim says. "I was shy, withdrawn. I never spoke up. Now, I stand up. I'm the one mentoring others."

The transformation began when she signed up for a pair of fitness classes: Beginning Swim and Intro to Jiu-Jitsu. Lim figured the classes might provide her with skills, some stress-busting and maybe a few new friends. They did. They also changed the trajectory of her life.

"Those were tough classes for me, swimming especially," Lim says. "I have so many tears in that pool. But I swam every day. Cold, rainy, whatever, I was out there. That class propelled me. It made me want



"Who I am today is a complete 180 from who I was when I got to Mount Saint Mary's," Lim says.

SH

to see what else I could learn how to do. It taught me to never be content with what I know right now, to never be satisfied with my limitations."

Lindsay Connors, the University's assistant director of sports and wellness, was the swim coach who pushed Lim every day. By the end of class, Lim had a technically sound freestyle and backstroke. And a profound love for the water.

"Grace practiced outside of class all the time," Connors says. "She continually asked for extra workouts and equipment. Working with Grace taught me that potential is enough and hard work pays off. I am extremely proud of her."

Lim went on to get her lifeguard certificate, followed by EMT training. She sharpened her jiu-jitsu and Muay Thai martial arts skills at a Koreatown gym. And she sought leadership positions on campus, serving as vice president of the Mount's running club, and president of the Fitness Club.

One day during the fall of Lim's junior year, criminology professor Jeffrey Phillips, PhD, handed her a list of LASD units and suggested she take a look for an internship.

Lim saw an appealing option in the high-risk tactical and rescue units at the SEB. The department deals with the most dangerous scenarios in L.A. County: hostage situations, air and sea operations, bomb threats and high-risk warrants.

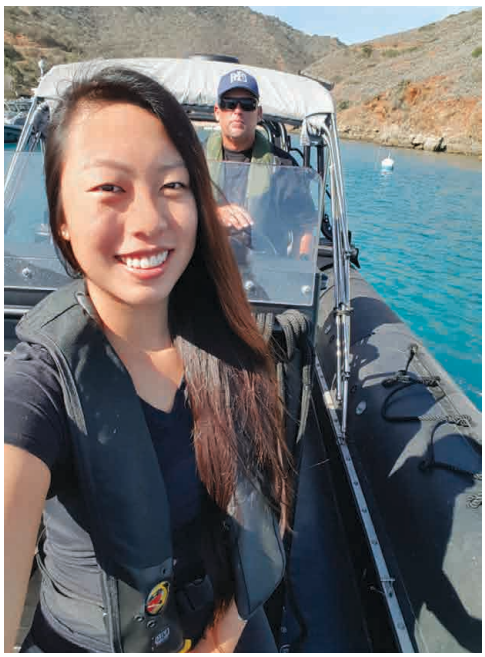
When she called about an internship, she kept the SEB's captain on the phone long enough to tell him about her interests and goals. And about her appetite for overcoming barriers placed in her way. The captain finally agreed to let Lim at least send in her resume. She did. Soon, she had an interview.

In the interview was a no-nonsense lieutenant named Sue Burakowski, a 26-year veteran of the LASD and the first woman to serve on LASD's SWAT team. "Grace basically just talked us into it," Lt. Burakowski says. "We told her, we have no guidelines for this, so we'll just figure it out as we go."

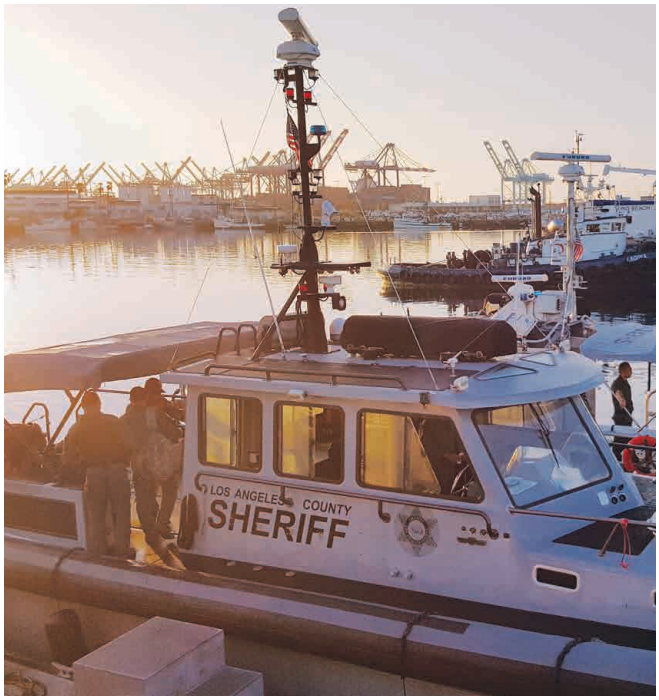
Lim has ended up doing most of the figuring. She wanted to learn to scuba dive, so she requested permission to do a three-month rotation with a SWAT team, diving 165 feet alongside recruits training at Catalina Island and on oil platforms around the L.A. Port Police.

From there came three-month tours with the K-9 unit, air rescue and emergency services detail. Her current assignment this spring: bomb squad.

"We didn't know what to expect going into this," says Lt. Burakowski. "I thought, 'she's so young, what are we going to do with her?' But she has confidence beyond her years. And I soon learned that when Grace throws herself into something, she throws herself all the way in. She's impressed everyone and she's been able to experience a little bit of everything."



Clockwise from top: Grace Lim in the wetsuit she uses on diving operations with the LASD's Special Enforcement Bureau; on patrol in the Port of Los Angeles; Lim at Leo Carrillo State Park, near the water that now sustains her; and on a training mission near Catalina Island.



Everything includes providing communications assistance during high-risk arrest warrants. Serving as an interpreter for a South Korean underwater homicide investigation squad — and receiving marine forensics training. Joining mountain rescue drills. Inspecting cargo ships in the Port of Los Angeles. Helping recover plane wreckage in the Pacific. Spending a day shadowing L.A. County District Attorney Jackie Lacey.

"I've been blessed," Lim says. "This has opened up so many opportunities for me."

She has charged into every one. And Lim says it's her time at the Mount that taught her how.

A HIGHER STANDARD

As a pre-law minor, Lim competed on Mock Trial and Moot Court teams under the guidance of Helen Boutrous, PhD, chair of history and political science. Now, Lim is thinking about a law degree, the FBI, becoming a prosecutor or maybe a judge.

Over the past four years, Lim has also taken part in every Women's Leadership Conference offered by the Mount; this past fall, she brought her younger sister Vivian, a first-year Athenian.

"I would not be the person I am today if I hadn't come to the Mount," Lim says. "At first, it was fake-it-til-you-make-it. But I was shown how to make it. I have that confidence for real. Now, I love taking on leadership roles and inspiring younger students to do the same."

Because, she says, that's what's expected at Mount Saint Mary's.

"My story is not an exceptional one here," she insists. "I've never met more hard-working women anywhere else. Club leaders. Activists. Working full-time, going to school full-time. I'm just part of this huge community of strong women. We're determined. We're ambitious. We hold ourselves to a higher standard."

For Lim, that higher standard often means rising at 3 or 4 a.m. to report for early-morning SEB operations. On the days she doesn't go to her internship, she works as a legal clerk at a law firm. Evenings are reserved for classes that last until 9 or 10 p.m.

"It's tiring at times," she admits, "but it's a good tired. I feel like I did my first semester when I'd go to the pool after class and swim 20 laps."

The water is never far from Lim's mind. Today, though, the pool is no longer a proving ground for a swimmer-in-training. It's a refuge.

"Swimming is what made me who I am today," Lim says. "Now, it's what sustains me. Wellness isn't just physical. It's mental; it's emotional. You can't be productive if you're not whole. The pool is my quiet place, my escape. When I dive in, everything that's stressing me just eases away. When I get out, I'm strong again."

UNSTOPPABLE

Dolores Schock '58 is leaving a trail … catch her if you can.

Photos by Kate Melton

Cold is nothing. Dolores Schock gets in a winter run in Rochester's Genesee Valley Park.

AT ANY AGE

DOLORES SCHOCK '58

bounced from one foot to the other atop a damp, wooden dock in Cleveland, Ohio. At the whistle's sound, the 77-year-old Schock took a breath and jumped into the lapping waters of Lake Erie.

Just over two hours and 37 minutes later — after a 400-meter swim, a 20K bike ride and a 5K run — she crossed the finish line in view of the National Rock and Roll Hall of Fame. Soon, a bronze medal draped around her neck, her prize for finishing third in her age group at the 2013 National Senior Games triathlon.

Two years later, Schock loaded up her Toyota Corolla in the driveway of her home in Rochester, N.Y., carefully fitting her blue-and-white Trek road bike in last, and drove solo more than 1,000 miles to Minneapolis, Minn., host city for the 2015 National Senior Games. There, four days before her 79th birthday, she sliced a full 18 minutes off her 2013 triathlon time and notched a fourth-place finish. Schock also took home ribbons in three swimming events.

With each accomplishment, the Mount Saint Mary's alumna is proving that wellness can last a lifetime.

"This has been an absolute thrill," Schock says. "I know it's important to stay active physically, and it helps me mentally, too. Really, it just makes me feel good to show what's possible."

Schock in the pool at her training headquarters in Rochester, N.Y.: Monroe Community College, site of her first short-course triathlon title.

THE STARTING BLOCK

A Lynwood, Calif., native, Schock was active from the start. At the Mount, she enjoyed hiking the fire trail that winds through the Santa Monica Mountains behind the University's Chalon Campus — an activity still popular with today's generation of Athenians. Schock had another path in mind, too: a career in biochemistry. Professors, and the Sisters of St. Joseph of Carondelet, made her believe her mission was possible.

"What I really got out of my time at the Mount," she says, "is how much I was challenged and how much it influenced the rest of my life. Being encouraged to pursue a field that wasn't open to many women at the time made me bold enough to pursue my passions and claim that career."

Claim it she did. In the course of doing so, she expanded her personal dedication to wellness into a commitment to improve the wellbeing of others. Within a few years of graduating, she earned a position as a lab assistant in the anatomy department at UCLA's School of Medicine.

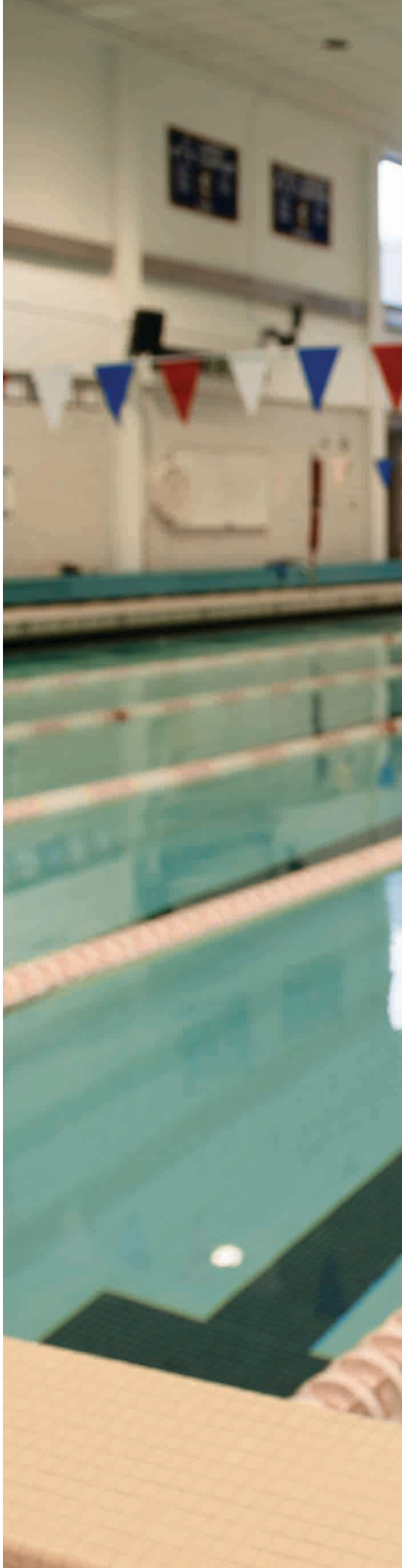
By 1965, she had moved to Rochester, N.Y., working in the pathology and anatomy departments at the University of Rochester. Over the course of 40-plus years as a clinician and researcher, Schock ran biochemical tests, conducted molecular biology studies and contributed to papers on topics related to neuroendocrinology. And she treasured her time assisting graduate students and postdoctoral fellows.

During the course of her career, she didn't neglect her own physical conditioning. Biking became her greatest love, a way to physically and mentally recharge. And in her very first year in Rochester, the Southern California native learned how to ski. "I took lessons in a county park," she says. "I held onto a motor-driven rope that pulled me up the hills!" She still goes on an annual ski trip to Maine.

Being active, of course, is one thing. Becoming a nationally ranked senior triathlete? That's something else.

ATHLETE IN TRAINING

Back in 2001, freshly retired, Schock heard about an AARP program sponsoring seniors to compete in triathlons. "I thought, 'Running and biking, OK. Swimming? I can swim a few strokes, but 400 meters? I'd sink after half a lap!'"



Schock with some of the medals she's won as a competitor in the National Senior Games.

But she took the plunge. Schock started training at Rochester's Monroe Community College. She soon began competing in swim meets coordinated through the U.S. Master's Swim Association. Within a year, she felt confident enough to sign up for a short-course triathlon at the college.

"I got 15 feet from the start and thought, 'What are you doing here?'" Schock remembers now. "But I had a lot of friends there cheering me on — with pompoms no less — so I said, 'let's try this.'" The then 66-year-old came in first in her age group. She soon joined a senior swim team coached by students from the college, and returned to defend her title the next year. She hasn't looked back since.

Beyond the competition, sports have provided a social outlet for Schock. Over a decade ago, Schock began training with a group of senior women who called themselves the Triathladies. At age 70, she completed her first half-marathon. Shortly after, the Triathladies formed a relay team and ran a full marathon together.

"It's fun to meet people at competitions and give them a little surprise when they see my age group. They say, 'Wow!' You feel good because that can encourage younger people to keep up and stay fit."

Among the younger people Schock is inspiring: 13 nieces and nephews back home in California. Some of them will help "Aunt Dodie" celebrate her 80th birthday on July 9. She's happy about the milestone: She'll now be in a new age group for the Senior Games. "Eighty to 84-year-olds," Schock says. "I'll be the youngster."

Her 80th year looks busy. A half-marathon is on the calendar in October. The New York Senior Games are this summer, where Schock will attempt to qualify for the 2017 National Senior Games in Birmingham, Ala. She's already in training mode: biking twice a week, alternating swimming and running the other five days. Schock is also working on upper body strength because she wants to swim both the 50-yard and 100-yard butterfly this year.

"That's a difficult stroke for a lot of women as they get older," she says, "but I can handle it. I'm looking for gold medals!"

Schock clearly has no trouble finding motivation. One more case in point: Two days after Thanksgiving 2013, Schock slipped during a run on an icy Rochester roadway, breaking her right wrist. The injury required surgery and nearly three months of physical therapy, forcing her to suspend her pool training.

Instead, she spent more time riding a stationary bike. By the summer of 2014, her wrist healed, Schock joined a 200-mile 'Rails to Trails' bike ride from the West Virginia panhandle, passing through Pennsylvania and finishing in Maryland. Cyclists camped each night of their six-day trip. "This is what keeps me young!" she says.

'WHERE THERE IS NO PATH'

From across the continent, Schock keeps up with the budding wellness movement at her alma mater, and is excited about the Mount's embrace of a community-wide emphasis on health. She wants to see the Wellness Pavilion; construction is slated to begin by fall 2017.

Schock recalls that after one of her donations to the Mount, she received a mug as a token of appreciation. The quote on it, by Muriel Strode, read: "I will not follow where the path may lead, but I will go where there is no path, and I will leave a trail."

"That's what the Mount teaches you," Schock says, "and that's what I feel I've done in my career and and athletic pursuits, especially to motivate my family and friends. I know not everyone can do what I do. But everyone can stay active. Do your own thing. Find what motivates you."

For info on how you can support the Mount's wellness movement, visit msmu.edu/wellness.

National Senior Games Association
National Senior Games Association
NATIONAL
SENIOR GAMES
CLEVELAND, OHIO 2013
Presented by Humana

PHOTO BY PHILLIP JORDAN

Agents of change: Mickey (Leahy) Payne '64, Sharon Leahy '60 and Peggy (Leahy) Starr '64 during a recent spring visit to the Mount's Chalon Campus.

Three Remarkable Mount Alumnae

By Megan Shockro

THE LEAHY SISTERS have a long, meaningful history with Mount Saint Mary's. It began when they each entered the nursing program in the 1950s and 1960s, following in the footsteps of their mother, Margaret Leahy, who was also a nurse.

Sharon Leahy '60, Mickey (Leahy) Payne '64 and Peggy (Leahy) Starr '64 served the Los Angeles community for a combined 100 years in the healthcare industry, devoted to caring for others. They returned often to the Mount to join the Regents Council and serve as volunteers. They have served on the Alumnae Board, at freshman orientation and senior farewell dinners, and as docents at the Doheny Mansion and with the Da Camera Society. They have generously given of their time and their resources to ensure the University flourishes.

In 2012, the Leahy sisters endowed the Leahy Family Endowed Scholarship, which provides nursing students who need assistance with annual scholarships. The sisters understand the critical importance of financial assistance: They, too, were once scholarship recipients.

Now, the sisters have joined together, once again, to support the Mount — this time to provide financial support for the construction of a new Wellness Pavilion at Chalon that will profoundly transform students' University years. The pavilion will serve as the centerpiece of campus life and help graduates become role models and change agents for healthier, happier communities.

"We proudly recognize the Leahy sisters for their remarkable generosity toward this vital wellness movement at the Mount," says President Ann McElaney-Johnson. "We are ever grateful for their kindness, their longtime friendship and their incredible dedication to Mount Saint Mary's."

The University aims to to begin construction on the Wellness Pavilion by fall 2017. Want to help build it? Visit msmu.edu/wellness.

The '90 for 90' Challenge

HELP COMMEMORATE Mount Saint Mary's University's 90th anniversary.

We invite you to be one of 90 *new* supporters to the Mount before June 30!

Contributions to the Mount Fund support our students and faculty. Your assistance provides outstanding academic and leadership opportunities that help students reach their fullest potential. Celebrate the Mount's 90th anniversary by making a contribution to the Mount Fund today:

Mount Saint Mary's University
Institutional Advancement
10 Chester Place
Los Angeles, CA 90007
213.477.2536
donate@msmu.edu
msmu.edu/support

alum community

CLASS NOTES

1951 **Sr. Louise Bernstein, CSJ,** was honored by Presentation Sisters Learning Center in Watts, for 10 years of volunteer service. She has taught ESL, GED preparation and literacy among other things. ▼

1965 **Leigh (Albizati) Segel** and her husband, Irwin, were bitten by the travel bug last year. They were in Yellowstone National Park in January followed by a Spring trip to the Azores, Madeira, the Canary Islands, Morocco and Portugal. Come October, they were in Zambia on a wilderness safari. They stayed in luxury bush camps, such as Toka Leya Camp. They saw cheetahs, leopards, lions, cape buffalo, hippos, crocs, elephants and more among all the African wildlife. To add even more adventure, they escaped injury when the hot-air balloon they were in crashed. If asked to pick a favorite, it would be elephants. ▼

1966 **Sr. Carol Brong, CSJ,** will be leaving the Doheny Campus where she is the assistant to the dean of the Associate of Arts program. She has been asked by her community to become assistant to the property manager at Carondelet Center.

1969 **Rev. Nori Kieran-Meredith (Eleanor Safarik)** serves three LGBT Dignity USA communities as part of her ministry.

1970 **Elaine (Venya) Bannatyne** of Fillmore, Calif., has been appointed by the U.S. Secretary of Agriculture to a three-year term to serve as a Producer member of the Haas Avocado Board. As a member of the board, she hopes to further the interests of the industry both nationally and internationally.

Sr. Sandra Williams '70, CSJ, and **Sr. Joan Henehan '63, CSJ,** were among this year's CSJ Jubilarians honored at the Mount's CSJ Appreciation Day on March 16. Sr. Sandra, a Mount trustee, has now served as a CSJ for 50 years, while Sr. Joan, a former University trustee, has reached 60 years as a CSJ. Many sisters attended the celebration, and were honored by current students, faculty and staff. Among the sisters celebrating their Jubilee

PHOTO BY JAZLIN ROMERO

▲ milestones were several with connections to the Mount, including Sr. Judy Molosky '70 (50 years), Srs. Cecile Therese Beresford and Regina Clare Salazar (70 years), and Sr. Mary Constance Fitzgerald (85 years!).

1973 **Joan (Gumaer) Tyhurst** and her son, daughter-in-law and grandson spent two wonderful weeks touring Ireland during September 2015. They explored Dublin extensively and continued on to Galway, Dingle, Cork and Waterford. They found the countryside spectacular and the cities intriguing.

1975 **Frances L. Martin** reports that her sister Mary (Sr. Mary Ann Martin, CSJ, '77) is a Province Leadership team member. She just returned from Peru. Frances is still working hard in the law biz!

1978 **Michelle (Corpus) Hoover** is proud of her twin daughters, who are in their first year of college and made the Dean's List. Also, she is in the process of completing a certified financial planner program and establishing her own practice in the greater San Diego area.

1980 **Kathleen Sullivan** was featured in the Pacific Coast Business Times' "Who's Who in Nonprofits & Foundations." She is the vice president of post-acute care services at Dignity Health Central Coast in San Luis Obispo, Calif.

1981 **Emily Gonzales** graduated from the Mount with a bachelor's degree in business with an emphasis in accounting. She teaches meditation classes on a full-time basis in the corporate environment, geared toward employee health, wellness and stress management, and also within the cancer support community. She is a certified primordial sound meditation instructor, having received her certification from The Chopra Center for Well Being in Carlsbad, Calif., co-founded by Deepak Chopra and David

Simon. Previously, for over 20 years, Gonzales worked in an accounting and finance career in the entertainment and banking industries. She knows firsthand the rewards and stresses inherent in the corporate environment. As a certified meditation instructor, she is dedicated to teaching others how to effectively incorporate meditation into their busy personal and professional lives.

1992

Dr. Elizabeth (King) Matto, PhD, recently was awarded the Craig L. Brians Award for Excellence in Undergraduate Research & Mentorship by the American Political Science Association. Established in 2014, this annual award is presented by the APSA Political Science Education Section at the Teaching and Learning Conference, with recognition also given at the APSA annual meeting. This award is given to faculty members who demonstrate commitment to, and excellence in, encouraging and developing scholarship among undergraduate students, and in mentoring undergraduate students in preparation for graduate school or public affairs related careers. Matto is an assistant research professor at the Eagleton Institute of Politics at Rutgers University and directs Eagleton's Youth Political Participation Program.

1996

Petra (Acosta) Bantum will celebrate 19 years at CBS in April. She married Charles Bantum in 2012. Her 3-year-old daughter, Emry, got to meet her baby brother, Robert, on Oct. 17, 2015.

1999

Cynthia Ashby plans to graduate in September with her doctorate of nursing practice.

2001

Nicole (Williams) Beechum was recently selected for the second cohort of the Surge Institute's fellowship program. The Surge Fellowship is a leadership accelerator for African Americans and Latinos working in urban education. Beechum also earned her master's from the University of Chicago's School of Social Service Administration (equivalent of Social Work) in 2006. She is currently a doctoral candidate at SSA. Her dissertation explores academic engagement for African-American boys following the transition to high school.

2002

Kristin (Gagliardi) Belderson works at the Center for Cancer and Blood Disorders at Children's Hospital, Denver, as a clinical nurse IV. She is a certified pediatric oncology nurse. She obtained her MSN and DNP from Regis University, Denver. She is an active member of the Association of Pediatric Hematology/ Oncology Nurses and is an instructor for their Pediatric Chemotherapy and Biotherapy Provider program. Belderson is also a clinical scholar in the ABSN Pediatrics course for Regis University at Children's Hospital. She has published several articles based on her research.

2005

Cristina (Luna) Ortiz is married and has two daughters, Lucia (4) and Sarah (2).

2006

Bricia Lopez hosted a live chef competition at her L.A. restaurant, Guelaguetza. The March 10 event, the All-Star Chef Classic's "Noche de Masters Dinner," featured four top chefs who prepared world-class meals inspired by their countries and cultures.

2009

Abbigail Fietzer is currently earning her PhD in the Musculoskeletal Biomechanics Research Laboratory at USC, division of Biokinesiology & Physical Therapy. The American Physical Therapy Association's Foundation for Physical Therapy awarded her its "Promotion of Doctoral Studies" scholarship for 2015.

Teresa Nunez's dissertation for her Doctor of Psychology degree was "PTSD in Women Returning from Combat." Teresa is president of the American Legion Women's Auxiliary.

Kimberly Sanchez and three of her classmates, whose friendship began as first-year students, celebrated their 10th anniversary in Cabo San Lucas, commemorating their life-changing experiences and friendships made at the Mount.

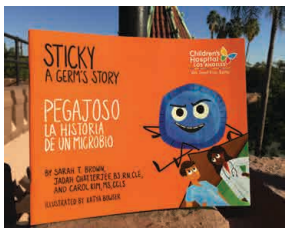
2010

Kera Nakasone (whose given name is Keri, but alums know her as Kera) thanks her husband Todd, who is her constant supporter. After one of the most challenging and exciting years, the ABSN graduate started her nursing career at Torrance Memorial with best friend **Muay Wangsuwana**. They chose cardiac nursing and were privileged to work with Roxanna Balter, a Heart Failure NP and their former instructor from the Mount! A new chapter in Nakasone's life began at Children's Hospital Los Angeles. A first-ever, 13-week transition residency for experienced nurses began in August 2015. She was selected for the pediatric cath lab RN position where she now works to elevate and deepen her nursing practice to care for this population that often has congenital defects. She is excited, honored and humbled

as she continues on this nursing journey filled with so many possibilities and ways to reach her patients and their families, and to make a difference in their lives. Her heartfelt gratitude is extended to the Mount, her superb instructors and awesome alums!

2011

Jadah Parks Chatterjee co-authored a children's book that is now out: "Sticky: A Germ's Story." The story, written in English and Spanish, helps kids understand the importance of hand-washing and other healthy habits. A registered nurse at Children's Hospital Los Angeles, she says, "it is with the sound education that I experienced at the Mount, along with God's grace, that I acquired an opportunity to be part of such a wonderful project!" ▼



Sandy Suarez will graduate this May from USC with her master's degree in social work with a sub-concentration in schools.

2012

Sandra Edith Garcia graduated from the Mount with a bachelor's degree in religious studies and a minor in psychology. She is happy to announce that this May she will graduate from the University of Southern California (USC) with a Master of Arts in Teaching degree.

2013

Jessica Aifan is expecting her first son in May.

2014

Cynthia Lua will graduate from USC in May with a master's in marriage and family therapy.

Jennifer Perdomo, a laboratory instructor at Mount Saint Mary's, has applied to medical school and has been accepted to two schools (Keck School of Medicine-USC and Feinberg School of Medicine-Northwestern)! She is waiting to hear from three other schools and will make her final decision in mid-April. She is very thankful to have such a unique background coming from the Mount.

2015

Dora Nuñez is an alumna of the MBA program's inaugural summer cohort. She was recently featured in the MBA program's newsletter about her current role as the director of community affairs and engagement for City of Los Angeles Controller Ron Galperin.

MARRIAGES

The Alumnae Association extends congratulations to the following alums on their recent weddings:

'75 Illana Deborah Miller to Tom Heller

BIRTHS

Congratulations to the following alums and their spouses on their new additions:

'96 Robert Bantum to Petra Acosta Bantum, 2nd child
'07 Jennifer Batugo, 1st child
'04 James Meyers to Sarah Moe Meyers, 2nd child
'06 Eduardo Santiago Maytorena IV to Bricia Lopez, 1st child
'09 Niam Lad to Bhavesh Lad, 1st child

ADVANCED DEGREES

Congratulations to the following alums for their continued educational successes:

'95 Linda America, MSN Adult Gerontology Nurse Practitioner, Walden University, 2015
'05 Victoria Williams, MA in Leadership, Woodbury University
'06 Sarah Bessell, JD, George Washington University, 2011
'09, '11 MBA Teresa Nunez, PsyD, 2014
'11 Tabitha Pineda, PsyD, Alliant University
'12 Alinne Ortiz, MA in International Multicultural Education with a human rights emphasis, University of San Francisco
'13 Jessica Aifan, Master of Professional Accountancy, University of California, Irvine, June 2015

IN MEMORIAM

Prayers for the family and friends of:

'40 Colette (Verbeck) Regan
'42 Pauline (Beauchemin) Napier
'48 husband of Pearl (Butier) Henzgen
'48 Patricia (Becker) O'Brien
'51 Rosemary (Mikulich) Pisano
'54 June (Swithen) Beebe
'55 Nancy Galt Haynoski
'62 husband of Janice (Smith) Brandmeyer
'64 Donna (Grove) Godinez
'65 husband of Pamela (Hamilton) Smith
'69 husband of Jeanne (Burnham) Black
'69 daughter of Elynor (Ruffo) Olivadoti
'70 Shelia Cantwell
'71 Sr. Carol Purzycki, CSJ
'73 mother of Julia (Milward) Kinmartin
'74 Audrey S. Ramsey
'75 Christina Wright
'76 Christine (Griego) Kennedy
'77 Stephanie Miller
'84 grandmother of Deborah (Freimann) Kichler
'84 mother of Suzanne (Weber) Hoffman, Margaret (Weber) Susank '66, Barbara (Weber) Smith '72, Joan (Weber) Galvin '82, and grandmother of Maureen Hoffman '16
'85 Suzanne C. Rue
'85 brother-in-law of Rochelle (Gentile) Packwood
'86 husband of Martha (Sandino) Tenn
'87 father of Anna Camacho
'97 father of Tirza Castellanos
'09 Leah (Ashman) Hallo
'09 father of Christina Quezada
'14 father of Jessica (Rojas) Cuevas
'15 grandfather of Alanna Madrid

THEN: Mount Saint Mary's Student Ambassador Maria Herrera works with students at her high school alma mater in 1998.

NOW: Student Ambassadors with President Ann McElaney-Johnson during a December 2015 reunion and celebration of the Student Ambassador program.

Ambassadors to the future

IT STARTED AS AN ANNOUNCEMENT on Christmas-green paper in the Dec. 11, 1989, issue of *Doheny Happenings*: The Admissions Office revealed that 19 Doheny Campus students had been nominated by faculty and staff and specially trained to participate in a new program called "Student Ambassadors." During Christmas vacation that year those pioneers visited 23 high schools — their alma maters — to "carry the message" to girls like themselves about the value of an education at Mount Saint Mary's.

Two years later, in the fall of 1991, the Student Ambassador program was officially extended to students at Chalon. After completing their training, Mount students visited their former schools and also hosted visitors from the same schools at a new series of events at Chalon called "Live at the Mount."

Over the past 25 years, hundreds of Mount Saint Mary's Student Ambassadors have touched the lives of tens of thousands of high school students, many from challenging neighborhood schools. As the founding students did before them, they tell their own inspiring stories about the Mount and its unique approach to education and empowerment. Girls who might not otherwise consider college hear the positive message, "If I can do it, so can you!"

The program, which now reaches more than 7,500 high school and middle school students every year, has been profiled several times in local media and is the recipient of numerous major grants from institutional donors. The ambassadors' mission has grown, too. They visit schools and community centers to help students navigate the full college process from application to study habits — regardless of destination.

Since 2008, the University has annually landed on the President's Community Service Honor Roll, one of only 114 schools nationwide recognized by the federal government for their commitment to community service and civic engagement in higher education. Each year, the Mount's student outreach programs — Student Ambassadors and Live at the Mount — have been cited as exceptional.

— Victoria McCargar, University archivist

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PHOTO BY STEVEN GEORGES

This fall, Mount Saint Mary's club sports teams return to action for a new season of competition. The Mount's club soccer team launched in 2014, with volleyball following in 2015. This fall, the new Athenian club basketball program will take to the court for its inaugural season. Keep up with the Mount's teams — and season schedules — at msmu.edu/AthenianSports.

Upcoming

April 18
"Prismatic" Senior Art Show, Chalon Campus. msmu.edu/gallery

April 21
Laurel Day, Doheny Campus. 213.477.2699

April 23
Mary's Day, Chalon Campus. 213.477.2699

April 29
Da Camera Society concert: Lysander Piano Trio, Doheny Mansion. dacamera.org

May 3-8
Bentonville Film Festival in Bentonville, Ark., by the Geena Davis Institute on Gender in Media at Mount Saint Mary's. bentonvillefilmfestival.com

May 9
Commencement, Shrine Auditorium. msmu.edu/commencement

May 14
Doheny Mansion public tour, Doheny Campus. dohenymansion.org

May 15
Da Camera Society concert: Donal Fox, Doheny Mansion. dacamera.org

July 16
Doheny Mansion public tour, Doheny Campus. dohenymansion.org

Sept. 17
Women's Leadership Conference, Chalon Campus. msmu.edu/wlc

Oct. 15
Homecoming, Chalon Campus. alums.msmu.edu